

SUGGESTED USE Consume one capsule daily or as recommended by a health care professional. This product is most effective as part of a healthy diet and active lifestyle, along with one of **ANDREW LESSMAN'S** multi-vitamin-mineral formulas. **For answers to questions about the use of this product, call 800.808.7311.**

WARNING Unless directed by a physician, Vitamin K is not for use with any anticoagulant drugs (Coumadin, Warfarin, Heparin, etc). If you have ever experienced any blood clotting abnormalities, consult with a health professional before using this or any Vitamin K-containing product.

MANUFACTURED WITH
100% SOLAR ENERGY

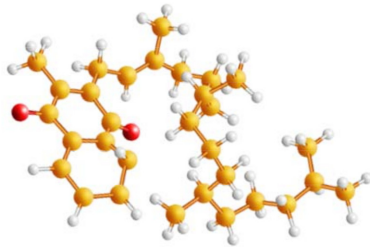
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VITAMIN K₂ MK-7 -100-

HIGHEST ACTIVITY VITAMIN K₂
PROMOTES BONE AND HEART HEALTH



DIETARY SUPPLEMENT

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360 Easy-to-Swallow Capsules

Andrew Lessman's VITAMIN K₂ MK-7 100 provides a high potency blend of Vitamin K in the form of Vitamin K-1 (Phytonadione) and, most importantly, as Vitamin K-2 Menaquinone-7 (MK-7) to deliver newly recognized and essential benefits to bone and heart health. Vitamin K's name originates from the role of Vitamin K-1 in blood clotting (Koagulation in German) but, today, its most important function centers around Vitamin K-2 MK-7 and its now recognized role in the utilization of Calcium within the body and, as a result, its indispensable role in both bone health, as well as heart and cardiovascular health. These far-reaching benefits to skeletal and cardiovascular health have now been consistently observed and established in the scientific literature. Our **Vitamin K₂ MK-7 100** is formulated to deliver an unsurpassed source of Vitamin K-2 for optimum bone and heart health. Plus, for any person consuming Calcium and Vitamin D, Vitamin K-2 MK-7 has been shown to ensure the greatest benefits of those essential nutrients. It is also important to note that the best source of Vitamin K-2 is the unusual Japanese food called fermented natto from soybeans, which virtually no Americans consume. Fortunately, our **Vitamin K₂ MK-7 100** makes it easy and economical to obtain all the benefits of Vitamin K-2 in a small easy-to-swallow capsule.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

CONTAINS NO Milk, soy, yeast, corn, wheat, gluten, sodium, salt, sugar, cholesterol, color, preservative, common allergens or manufacturing additives.

CONTAINS NO ADDITIVES OF ANY KIND.

Supplement Facts		Serving Size 1 Softgel
		Servings Per Container 360
Amount Per Serving		%DV*
Vitamin K Complex	150 mcg	188%
Vitamin K ₂ MK-7 (as menaquinone-7)	100 mcg	
Vitamin K ₁ (as phytonadione)	50 mcg	
* Percent Daily Values (%DV) are based on a 2,000 calorie diet.		

Other Ingredients: Extra virgin olive oil (Organic), soft-gelatin capsule (gelatin, purified water, glycerin).